PRECOR®

Quick Start Card

PRECISION™ SERIES AND ENERGY™ SERIES ELLIPTICALS

WELCOME TO A PERSONALIZED FITNESS EXPERIENCE FOR YOUR HOME

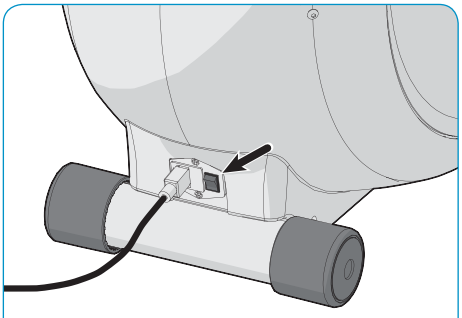
GETTING STARTED
PRECISION SERIES AND ENERGY SERIES ELLIPTICALS

As you get to know your new Precor Elliptical Fitness Crosstrainer™ (EFX®) and your own fitness goals, you'll use the advanced features of the equipment more often. To begin with, though, here's an easy way to start out.

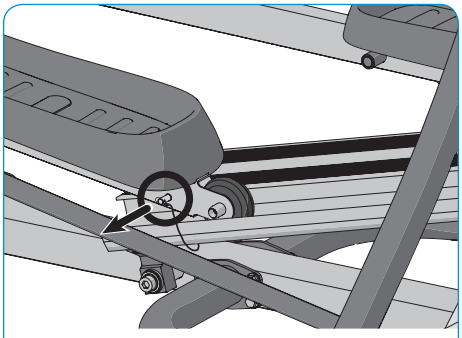
NOTE: These instructions assume that your EFX has been completely installed and set up.

WARNING: Read through ALL of the safety information in the Owner's Manual, and make sure that the EFX is properly connected to the electrical supply in your house, before you use the EFX.

TO GET STARTED WITH YOUR NEW PRECOR EFX:

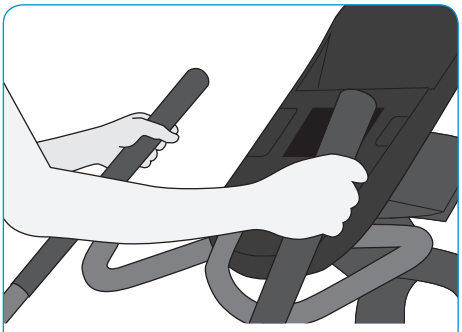


STEP 1: Turn the equipment on.

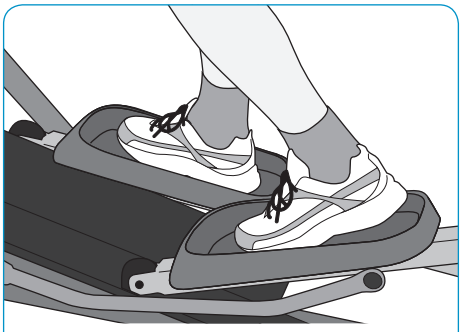


STEP 2: If the locking pin is engaged, release it.

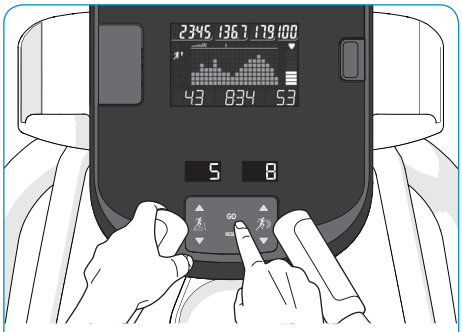
STEP 3: Hold one handrail and step onto the pedals.



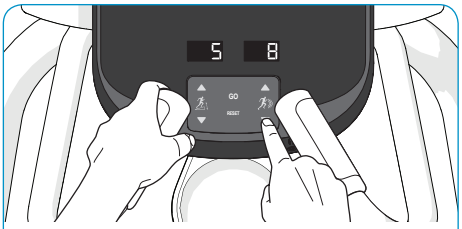
STEP 4: Grasp handles firmly with both hands.



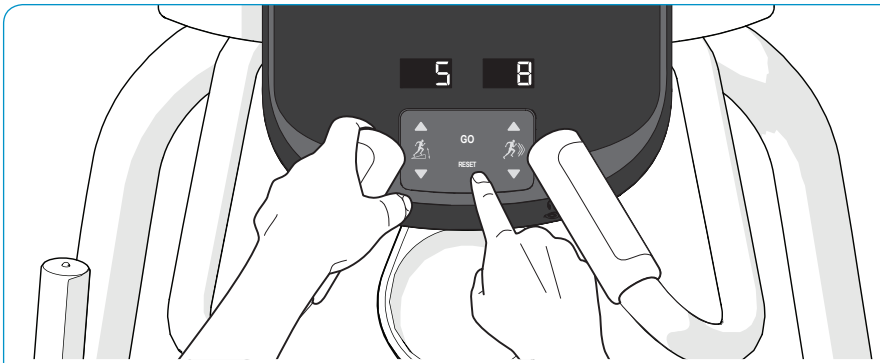
STEP 5: Begin pedaling.



STEP 6: Press the **GO** key *(manual operation)*.



STEP 7: Use the control on the console to adjust the amount of resistance. If the equipment includes a motorized CrossRamp® adjustment, use the control on the left to adjust the CrossRamp height, and the control on the right for the resistance.



STEP 8: If you need to end your workout early, press the **RESET** key three times.

Refer to your owner's manual for complete operational instructions and troubleshooting. See reverse for important heart rate information.

CAUTION: *Before beginning any fitness program, see your physician for a thorough examination. Ask your physician about the appropriate target heart rate for your fitness level.*

CHOOSE A WORKOUT

- Determine your level of fitness: beginner, intermediate, or advanced.
- Determine your immediate goal: endurance training, cardio-conditioning, or weight loss.

If you are a beginner, start with a cardio-conditioning workout to gradually adjust your body to the demands of exercise. Over a recommended eight-week period, you will increase your endurance and strength.

For all fitness levels, plan to exercise at an appropriately challenging pace for 20 to 30 minutes a day. Wear a chest strap to monitor your heart rate. Supplement your plans with fitness workouts from the Precor web site (www.precor.com). The Precor web site also provides expert advice to help you reach your fitness goals.

MONITOR YOUR HEART RATE

The SmartRate and heart rate displays provide visual cues that help you adjust your fitness routine to reach your goals. Use these features to keep your heart rate within the target zones.

Wear a Chest Strap

During a workout, the heart rate features appear on the display when you wear a chest strap. To receive an accurate reading, the chest strap needs to be in direct contact with your skin. After you put on the chest strap, face the display console for a minimum of 15 seconds. This allows the receiver in the console to recognize the signal from the chest strap.

1. Carefully dampen the back of the strap with tap water (Diagram A).

   IMPORTANT: Do not use deionized water. It does not have the proper minerals and salts to conduct electrical impulses.

2. Adjust the strap and fasten it around your chest. The strap should feel snug, not restrictive (Diagram B).

3. Make sure that the chest strap is right side up, lies horizontally across your chest, and is centered in the middle of your chest (Diagram C).

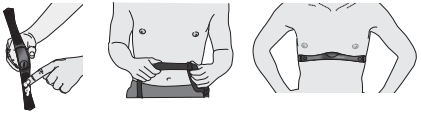


Diagram A *Diagram B* *Diagram C*

When these steps are complete, you are ready to view your heart rate.

Touch-Sensitive Handrail Grips

Several Precor products incorporate touch-sensitive heart rate grips on the handrails. If you prefer to use the touch-sensitive handrail grips, use both hands. Make sure both hands are moist (not dry) and avoid grasping the sensors too tightly.

Note: For the best heart rate monitoring results, wear a chest strap.

SMARTRATE® FEATURES

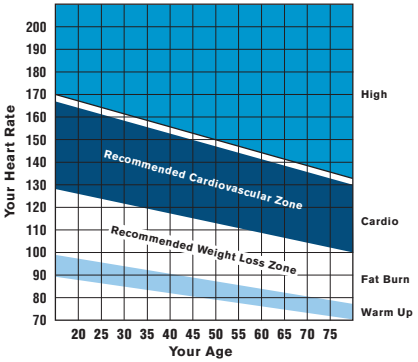
When you begin an exercise session, a blinking segment in the SmartRate display appears if you entered your age during the setup phase. The blinking segment indicates the current zone of your heart rate.

The calculation used for the heart rate target zone is your maximum aerobic heart rate:
207 - (age x 0.67), multiplied by a percentage.

For the ideal weight loss range, your heart rate should remain between 55% and 69% of your maximum aerobic heart rate. To improve your overall cardiovascular and respiratory fitness level, maintain your heart rate between 70% and 85% of your maximum aerobic heart rate. For the greatest benefits, maintain your heart rate in either zone for 30 minutes or more at least three times a week.

CAUTION: Your heart rate should never exceed 85% of your maximum aerobic heart rate or go above your target zone (Diagram D).

Diagram D: Heart Rate Target Zones



COOL DOWN AFTER YOUR WORKOUT

Cooling down is an important aspect of your workout because it helps reduce muscle stiffness and soreness by transporting excess lactic acid out of the working muscles. Cooling down for at least three minutes helps provide a smooth transition that allows your heart rate to return to its normal, non-exercising state.

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OWNER'S MANUAL PRECOR

Precision™ & Energy™ SERIES ELLIPTICALS

EFX® 425 • EFX® 423
EFX® 225 • EFX® 222
EFX® 221

WELCOME TO A PERSONALIZED FITNESS EXPERIENCE FOR YOUR HOME

Important Safety Instructions

When using the equipment, always take basic precautions, including the following:

- Read all instructions before using the equipment. These instructions are written for your safety and to protect the unit.
- Before beginning any fitness program, see your physician for a complete physical examination.

  Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercise. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

DANGER **To reduce the risk of electrical shock always unplug the unit from the electrical outlet immediately after using and before cleaning.**

WARNING **To reduce the risk of burns, fire, electric shock, or injury, take the following precautions:**

- Do not allow children, or those unfamiliar with the operation of the equipment, on or near it. Do not leave children unsupervised around the unit.
- Never leave the equipment unattended when it is plugged in. Unplug the equipment from the power source when it is not in use, before cleaning it, and before acquiring authorized service.
- When the equipment is not in use, disconnect it by turning the power switch to the Off position, and then remove the power plug from the power outlet.
- Assemble and operate the equipment on a solid, level surface. Locate the equipment a few feet from walls or furniture. Keep the area behind the equipment clear.

- Never operate the unit if it is damaged, not working properly, when it has been dropped, or has been dropped in water. Return the equipment to a service center for examination and repair.

DANGER **The unit must be connected to a properly grounded circuit (refer to *Grounding Instructions*).**

- Keep the power cord and plug away from heated surfaces.
- Keep all electrical components, such as the power cord and power switch, away from liquids to prevent shock.
- Do not operate the equipment where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- Maintain the equipment in good working condition. Make sure that all fasteners are secure and the running belt is clean and running smoothly.
- Do not attempt to service the equipment yourself except to follow the maintenance instructions found in this manual.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Do not set anything on the handrails or hood. Place liquids, magazines, and books in the appropriate receptacles.
- Do not rock the unit. Do not lean or pull on the console at any time.
- Wear proper exercise clothing and shoes for your workout and avoid loose clothing. Do not wear shoes with heels or leather soles. Check the soles of your shoes and remove any dirt and embedded stones. Tie long hair back.
- Keep your body and head facing forward. Never attempt to turn around on the EFX.
- Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

Safety Approvals for Cardiovascular Equipment

Precor equipment has been tested and found to comply with the following applicable safety standards.

Cardiovascular Type Equipment:

- CAN/CSA, IEC 60335-1 (Household and similar electrical appliances - Safety)

Grounding Instructions

The equipment must be grounded. If the equipment malfunctions or breaks down, grounding provides a path of least resistance for electric current, which reduces the risk of electrical shock. The equipment is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an outlet that is properly installed and grounded in accordance with all local codes and ordinances. Failure to properly ground the equipment could void the Precor Limited Warranty.

DANGER **Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the unit is properly grounded. Do not modify the plug provided with the equipment. If it does not fit the outlet, get a proper outlet installed by a qualified electrician.**

120 V Units Designated for North American Markets

The unit must be connected to a grounded circuit. The power outlet must have the same configuration as the plug. No adapter should be used with this product.

Radio Frequency Interference (RFI)

Federal Communications Commission, Part 15

This fitness equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. The equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications.

If the equipment does cause harmful interference to radio or television reception, which can be determined by turning the unit off and on, you are encouraged to try to correct the interference using one or more of the following measures:

- Reorient or relocate the receiving antenna for your TV, radio, VCR, DVR, etc.
- Increase separation between the unit and the receiver (TV, radio, etc.).
- Connect the equipment into a different power outlet on a dedicated circuit different from the one used by the receiver (TV, radio, etc.). No other appliance should be plugged into the same power outlet as the equipment.
- Consult an experienced radio/TV technician for help.

WARNING **Per FCC rules, changes or modifications not expressly approved by Precor could void the user's authority to operate the equipment.**

Canadian Department of Communications

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus set out in the Radio Interference Regulations of the Canadian Department of Communications.

Le présent appareil numérique n'émet pas de bruits radioélectriques dépassant les limites applicables aux appareils numériques de la class B prescrites dans le Règlement sur le brouillage radioélectrique édicté par le ministére des Communications du Canada.

ATTENTION: Haute Tension
Débranchez avant de réparer

Obtaining Service

You should not attempt to service the equipment except for maintenance tasks as described in this manual. The equipment does not contain any user-serviceable parts that require lubrication. For information about product operation or service, see the Precor web site at www.precor.com.

Should you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at www.precor.com.

Note: A thin protective sheath covers the roller arm wheels on your EFX. As you exercise, the roller arms move up and down the ramp and the wheels tend to squeak until the protective sheath wears off. Noise from the wheels during this break-in period is normal and will stop once the break-in period is complete (usually after about ten hours of use). Please allow ten hours of use for the wheel noise to subside before calling Precor Customer Support.

For future reference, write the model number, equipment serial number, console serial number, and date of purchase for your unit in the space provided.

Model number: _____

Equipment serial number: _____

Console serial number: _____

Date purchased: _____

The equipment serial number is located on the rear stabilizer bar, just below the power switch.

Figure 1: EFX serial number label position

The console serial number is located inside the audio connector compartment on the back of the console. You will need to open the cover of this compartment to see the number.

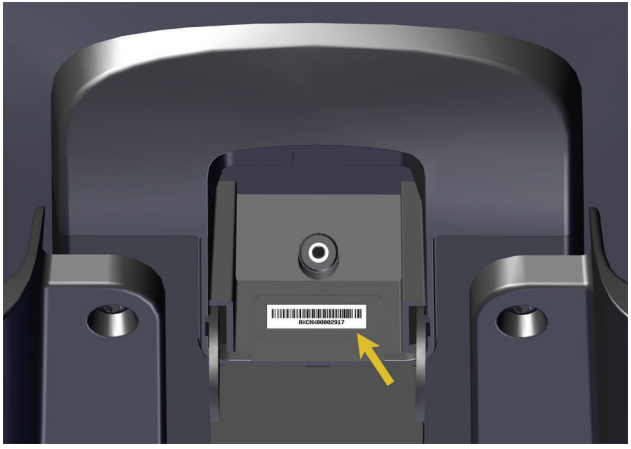

Figure 2: Console serial number label position

Table of Contents

Important Safety Instructions 1
Safety Approvals for Cardiovascular Equipment..... 3
Grounding Instructions 3
Radio Frequency Interference (RFI)..... 4
Obtaining Service 5

EFX Safety Features 9
Location..... 9
Turning the Unit On and Off..... 9
Using the Locking Pin 10

Getting Started.....12
Using CrossRamp 14

Getting Familiar with the Controls 16
Status Display.....17
Workout Selection and Volume Controls.....19
Lower Readouts and Intensity Controls 20
Connecting Your Audio Player.....21

Setting Up Your Equipment.....23

Creating User Profiles 27

Measuring Your Heart Rate 28
Using SmartRate.....30
Getting Accurate Heart Rate Readings 32
Troubleshooting Heart Rate Readings.....34

Choosing and Completing a Workout 36
Choosing a Workout.....36
Available Workouts 37
Ending a Session 46

Reading Diagnostic Information 47

Maintenance 49
Inspection 49
Cleaning the Equipment.....50
Storing the Chest Strap.....50
Long-Term Storage 50

EFX Safety Features

The Elliptical Fitness Crosstrainer™ (EFX®) is equipped with certain items that, when used properly, help sustain a safe and enjoyable workout. These items include:

- Locking pin
- Power switch

Important: *Before exercising, review the Important Safety Instructions found at the beginning of this manual.*

Location

It is important to keep the area around the equipment open and free from encumbrances such as furniture or other fitness equipment. For user safety and proper maintenance, be sure to allow three feet (one meter) of space on all sides of the equipment.

Turning the Unit On and Off

To turn the unit on and off, use the power switch located on the back of the unit, near the power cord connection. Refer to the following figure to see the location of the switch.

Important: *When the unit is not being used, turn it off.*

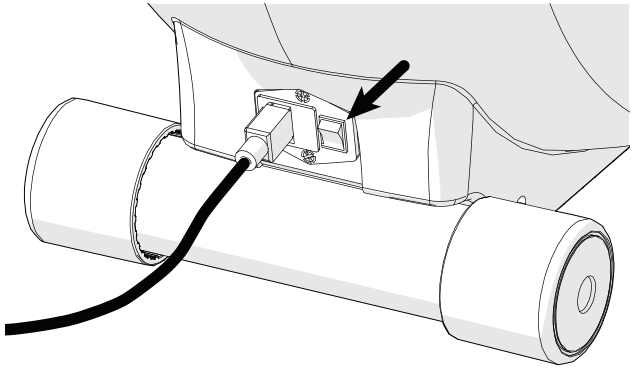

Figure 3: Power switch location

Using the Locking Pin

Your EFX is equipped with a pin and lanyard to lock its pedals (and arms, if it has moving arms) in place. To lock the EFX, insert the pin securely into one of the holes just behind the rollers.

Important: *The locking, spring-loaded ball near the end of the pin must pass through both sides of the arm. You should be able to feel it when it clicks into place.*

The following figure shows how the pin looks when it is properly seated.

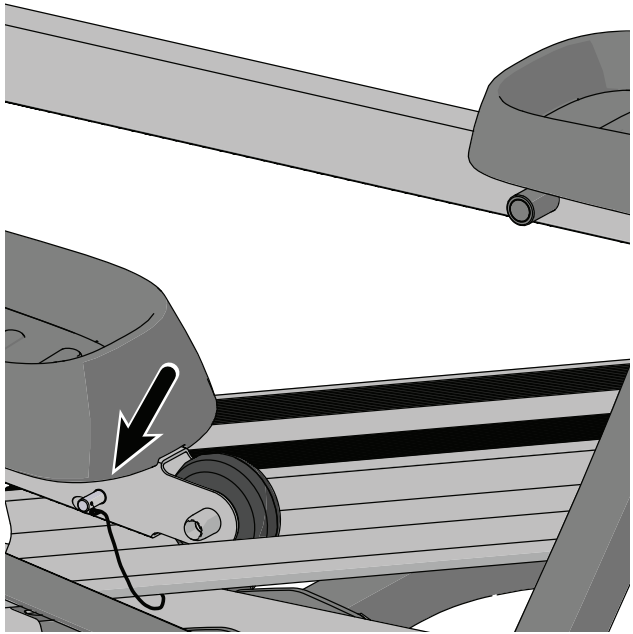

Figure 4: Locking pin in use

When you want to use the EFX, remove the pin from the hole and store it in the hole under the bottom of the ramp. The following figure shows how the pin should look while the EFX is in use.

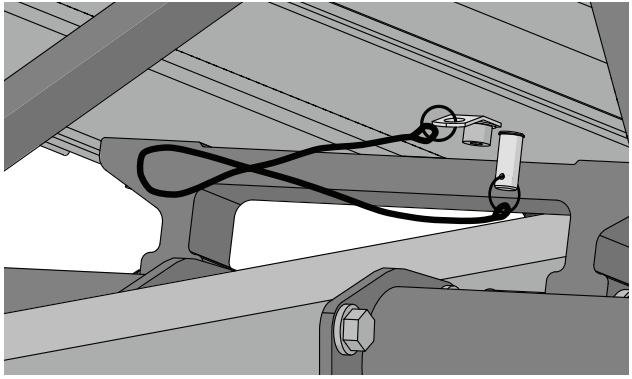

Figure 5: Locking pin in storage during a workout

Getting Started

As you get to know your new Precor Elliptical Fitness Crosstrainer® and your own fitness goals, you'll use the advanced features of the equipment more often. To begin with, though, here's an easy way to start out.

Note: These instructions assume that your equipment has been completely installed and set up (refer to *Setting Up Your Equipment*).

WARNING	**Read through ALL of the safety information in this manual before you use the equipment.**

To get started with your new Elliptical Fitness Crosstrainer:

1. Turn the equipment on if necessary.
2. If the locking pin is engaged, release it.
3. Hold one handrail and step onto the pedals.
4. Grasp the handlebars securely.
5. Press the **GO** key.

6. Use the up and down arrows to adjust the amount of resistance. If the equipment includes a motorized CrossRamp® adjustment, use the arrows on the left to adjust the CrossRamp height, and the arrows on the right for the resistance.

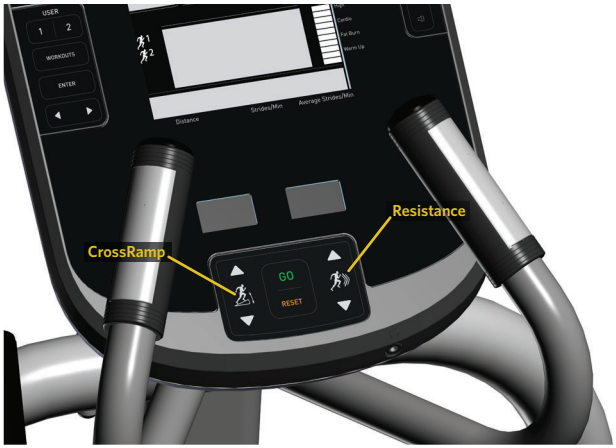

Figure 6: CrossRamp and resistance adjustments

7. If you need to end your workout early, press **RESET**.

Note: A thin protective sheath covers the roller arm wheels on your EFX. As you exercise, the roller arms move up and down the ramp and the wheels tend to squeak until the protective sheath wears off. Any noise from the wheels is normal and will stop after a break-in period. Please allow a break-in period of approximately ten hours before calling Customer Support.

Using CrossRamp

CrossRamp is a Precor technology that helps you get more out of your EFX. As you select different CrossRamp settings, the angle of the roller ramp changes while your body remains in a biometrically correct position. In addition to increasing the intensity of your workout, higher CrossRamp settings change the motion of your feet and legs, bringing additional focus to your quadriceps and gluteal muscles. The following two figures show how the different CrossRamp settings target different muscle groups in your lower body.

Note: On 400-series EFX models, the CrossRamp range is available as a larger number of smaller level changes than those available on 200-series models. The following figures show the differences between the level settings on these different EFX models.

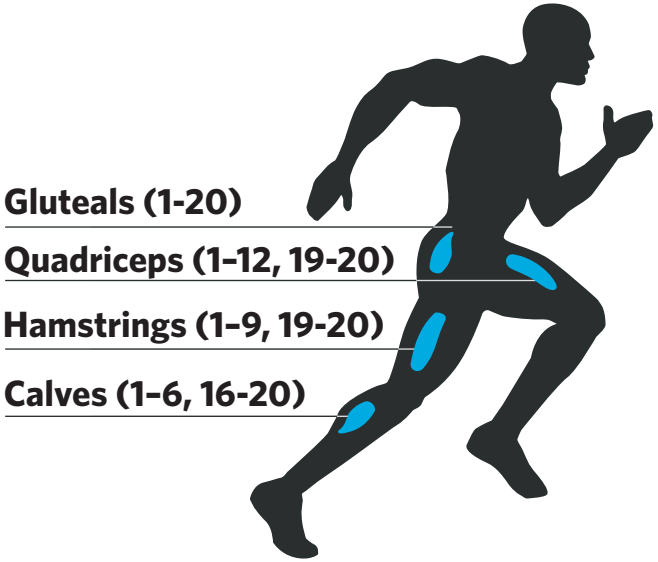

Figure 7: Muscle groups targeted by CrossRamp (400-series EFX models)

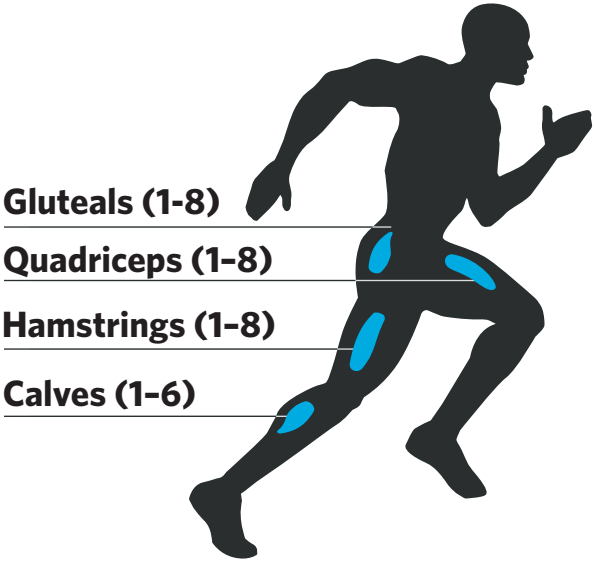

Figure 8: Muscle groups targeted by CrossRamp (200-series EFX models)

Be sure to try different CrossRamp settings during your workout. In addition to exercising different groups of muscles, you may also find that certain settings adjust the performance of the EFX to your height and body geometry.

Note: If your EFX is equipped with movable arms, using them also exercises muscle groups in your arms and chest. Note also that 200-series EFX models provide a more limited range of CrossRamp levels.

Getting Familiar with the Controls

The figure and table on the following page introduce the controls on the console of your fitness equipment.

Status Display

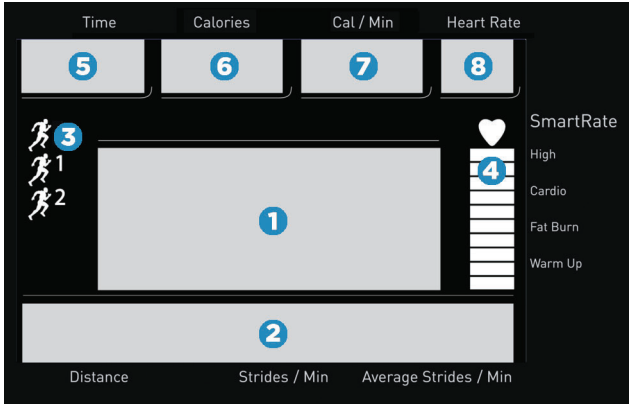

Figure 9: Status display

Table 1. Control descriptions

Number	Name	Purpose
1	Upper text display	Displays status messages and your workout progress graph
2	Lower text display	Displays text messages about your workout, as well as the following statistics: • Distance (the total number of kilometers or miles you have traveled in the current workout) • Strides / Min (your current walking rhythm, in strides per minute) • Average Strides / Min (your average walking rhythm, in strides per minute)

Number	Name	Purpose
3	User indicator	Shows which user profile is currently selected. Progress made during the current workout will be applied to this profile.
4	SmartRate® and Heart Rate icon	The SmartRate® scale places your current heart rate in one of several intensity zones. The heart-shaped icon pulses whenever the equipment detects your heartbeat.
5	Time indicator	Depending on the current workout, displays the amount of time that you have spent in the workout or the amount of time still remaining in it

Number	Name	Purpose
6	Calorie indicator	Displays the number of calories that you have used in your current workout
7	Cal / Min indicator	Displays the average number of calories you have used per minute in your current workout
8	Heart Rate indicator	Displays your current heart rate, if you are using the touch-sensitive grips or a chest strap (refer to *Measuring Your Heart Rate*)

Workout Selection and Volume Controls

Figure 10: Workout selection and volume controls

Table 2. Control descriptions

Number	Name	Purpose
9	User keys	Selects a user profile to personalize your exercise experience
10	**WORKOUTS** key	Displays preset workouts
11	**ENTER** key	Selects the current menu item
12	Left arrow key	Navigates through menus
13	Right arrow key	Navigates through menus
14	Volume controls	Changes the playback volume of a music player, tablet, or smartphone (if you have one connected to the console)

Lower Readouts and Intensity Controls

Figure 11: Lower readouts and intensity controls

Note: Some equipment has both a resistance indicator and an incline indicator. Other equipment may have only the resistance indicator.

Table 3. Control descriptions

Number	Name	Purpose
15	CrossRamp indicator*	Displays the current CrossRamp angle as a grade percentage
16	Resistance indicator	Displays the current level of resistance
17	**GO** key	Begins a manual workout
18	**RESET** key	Resets (stops) the workout program and displays the workout summary
19	**CrossRamp Up** key*	Increases the CrossRamp level
20	**CrossRamp Down** key*	Decreases the CrossRamp level
21	**Resistance Up** key	Increases resistance
22	**Resistance Down** key	Decreases resistance

Connecting Your Audio Player

The reading tray at the top of your display console can also hold an audio player or a tablet. If you connect your device to the console, you can use the console's headphone connector and volume controls to listen to your music without interrupting your workout.

Note: You will need a connecting cable with miniature (3.5 mm) stereo headphone plugs on both ends.

To connect your audio player or tablet to the display console:

1. Gently pull open the access cover on the back of the console, as shown in the following figure.

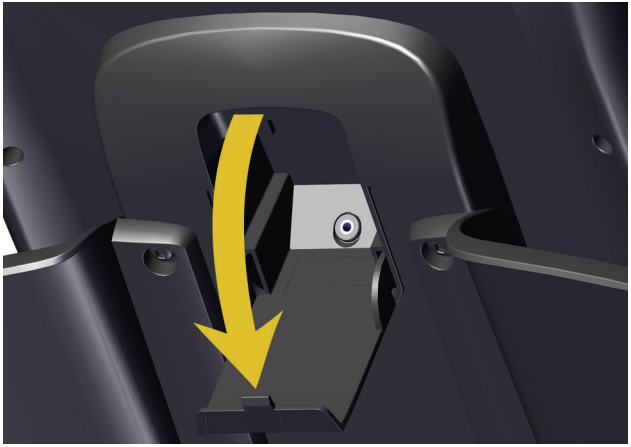

Figure 12: Opening the access cover

2. Feed one end of the connecting cable through the opening in the reading tray.
3. Insert the plug on the lower end of the cable into the jack on the back of the console.
4. Close the access cover.
5. Plug the other end of the cable into your audio player or tablet.

Tip: You can get excess cable out of the way by feeding it through the opening in the reading tray.

Setting Up Your Equipment

After the console is installed, it needs the following information to work correctly:

- Your measurement preferences
- The model of equipment connected to the console

You will need to enter this information before you can start to use the equipment. When you do, you will also have an opportunity to change the equipment's other settings.

As you set up the console, use the keys in the following table to select and apply the settings you want.

If you want to ...	*Press ...*
Switch between available choices	The right and left arrow keys
Make a selection or save a setting	**GO**
Cancel out of the setup routine and return to the Welcome prompt	**RESET**

To set up the console:

1. Turn the equipment on, if necessary.
2. Press the following keys *in order*:
   - **RESET**
   - **ENTER**
   - Left Arrow
   - Right Arrow
   - **WORKOUTS**

3. When the first setting (SAFETY CODE) appears, press a key to continue.

If you want to ...	*Then press ...*
Change this setting	**GO**
Leave this setting as it is	The right arrow key

4. Use the left and right arrow keys to change the setting, then press **GO** to save your changes.
5. Repeat the previous two steps for the remaining settings.

   Note: You can use the left arrow key to return to previous settings if you want to change them, and the list of settings loops from the end back to the beginning.
6. When you have changed all of the settings you want to change, press **RESET** to exit from the setup menu.

The following table shows the effect that each setting has and the changes you can make.

Table 4. Console settings

Setting	Effect	Values	Default
SAFETY CODE	Requires users to press a sequence of keys (**WORKOUTS**, **ENTER**, Left arrow, Right arrow) before starting a workout	ENABLE or DISABLE	DISABLE
SET UNIT OF MEASURE	Selects the system to use when entering or reporting distances and weights	US STANDARD or METRIC	US STANDARD

Setting	Effect	Values	Default
SET DEFAULT WORKOUT TIME	Controls whether workouts start with a default length that is different from the maximum length	ON or OFF; if ON, you must also choose the default length in minutes	ON (30 minutes)
SET MAX WORKOUT TIME	Selects the longest amount of time that a workout can continue	A number of minutes between 1 and 90 **Note:** a setting of 90 actually allows unlimited workout time.	90 minutes (unlimi-ted)

Setting	Effect	Values	Default
SET MAX RESISTANCE	Selects the maximum resistance setting allowed on this equipment	A setting between 1 and the maximum available (20 on 400-series equipment, 16 on 200-series equipment)	The maximum value
SET MAX CROSSRAMP	Selects the maximum CrossRamp setting allowed on this equipment	A setting between 1 and the maximum available (20 on 400-series equipment, 8 on 200-series equipment)	The maximum value

Setting	Effect	Values	Default
SET MAX PAUSE TIME	Selects how long the equipment will wait for someone to resume an interrupted workout	An amount of time between 30 seconds and 5 minutes, or NONE	30 seconds
SET MAX COOL DOWN TIME	Selects the length of the cooldown phase at the end of each workout	A number of minutes between 0 and 5	5 minutes

Setting	Effect	Values	Default
CONFIGURA-TION	Selects the type of equipment installed with this console	EFX 200 or EFX 400	EFX 200
BEEPER	Switches on or off the informational beeps that the console produces during use	ON or OFF	ON

Creating User Profiles

Your equipment can keep track of profiles for two people. Each person's profile stores that person's age and weight.

Once you have created both user profiles, you can switch back and forth between them by pressing the two USER keys.

To create a user profile:

1. Press one of the two **USER** keys.
2. Use the left and right arrow keys to adjust the workout length you want, then press **ENTER**.
3. Adjust the weight shown so that it matches your weight, then press **ENTER** again.
4. Adjust the age shown so that it matches your age, then press **ENTER** to save your changes.

Note: To change a user profile after it has been set up, press the **USER** key for that profile and hold it for three seconds.

Measuring Your Heart Rate

Precor cardio equipment can measure your heart rate in one of two ways:

- If you have a chest strap (for use with a fitness watch, for example), the equipment can receive the heart rate signal the strap transmits.
- You can grasp the heart rate sensors on the handlebars.

When the equipment detects your heart rate, the following things happen:

- The heartbeat indicator (icon) appears over the SmartRate scale (refer to *Using SmartRate*).
- After a few seconds, the console displays your current heart rate.

Before you start working out, make sure you know your maximum heart rate. Then, as you work out, be sure to reduce the intensity of your exercise if you reach or exceed that number.

CAUTION: Your heart rate should never exceed 85% of your maximum aerobic heart rate.

You can use the following formula, provided by the American College of Sports Medicine®, to figure out your maximum heart rate:

Maximum heart rate = 207 – (your age × 0.67)

Your typical target heart rate is 70% of your maximum rate.

The following graph shows how your effective heart rate ranges vary with your age.

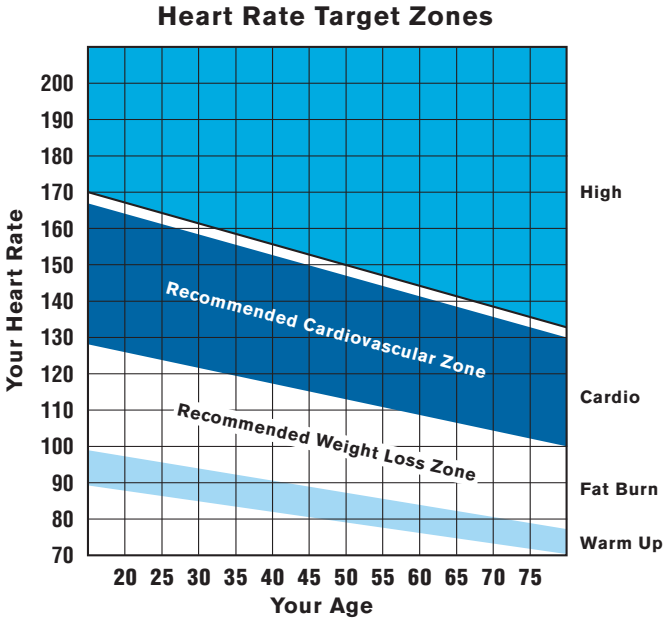

Figure 13: Heart rate target zones

On the Workout List, you can find several preprogrammed heart rate workouts. These workout courses automatically manage your heart rate at a target level based on your age. By monitoring your heart rate and making changes to the equipment's settings as you exercise, the workouts keep your heart rate within a few beats per minute of the target rate.

Using SmartRate

The Precor SmartRate® technology is a precise, easy-to-read heart rate monitor that helps users achieve their best personalized workouts. SmartRate displays actual heart rate information in relation to the user's target zone for weight loss and cardiovascular training.

The SmartRate monitor is visible during all workouts. In addition, Heart Rate Control (HRC) workouts adjust their intensity automatically to keep a user's heart rate in its target zone.

CAUTION: Your heart rate should never exceed 85% of your maximum heart rate. You can calculate your maximum heart rate using the following formula:

Maximum heart rate = 207 – (0.67 × your age)

CAUTION: Before beginning any fitness program, see your physician for a thorough physical examination. Seek advice from your physician to learn the target heart rate appropriate for your fitness level.

To test your heart rate:

1. Select a workout and press **GO** or **ENTER**.
2. Grasp the heart rate sensors with both hands. A blinking heart indicator appears while the equipment reads your heart rate. After a few seconds, the console displays your heart rate in beats per minute and shows it on the SmartRate scale. The labels next to the SmartRate scale indicate the zone where your heart rate is currently operating:
   - Warm Up
   - Fat Burn (weight loss)
   - Cardio
   - High

Note: In the Basic Heart Rate Control workout, the **GO** key is deactivated. The equipment needs to know your age to set an accurate target heart rate, so you must either enter it or select a user account before you start the Basic Heart Rate Control workout.

Getting Accurate Heart Rate Readings

To work reliably, heart rate sensors need to be securely in contact with your skin. Use the following guidelines to make sure they are.

To attach a chest strap:

WARNING **Signals used by the chest strap transmitter (or heart rate strap) may interfere with pacemakers or other implanted devices. Contact your doctor, the manufacturer of the chest strap, and the manufacturer of the implanted device before using a chest strap transmitter.**

Important: *Precor cardio equipment works with 5 KHz chest straps only. It does not work with Bluetooth®-based chest straps, which are designed for use with mobile apps.*

Note: To receive an accurate reading, the strap needs to be in direct contact with the skin on the lower sternum (just below the bust line for women).

1. Carefully dampen the back of the strap with tap water. Refer to the following figure.

   Note: Do not use deionized water. It does not have the proper minerals and salts to conduct electrical impulses.

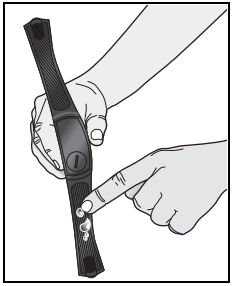

Figure 14: Moisten chest strap

2. Adjust the strap and fasten it around your chest. The strap should feel snug, not restrictive. Refer to the following figure.

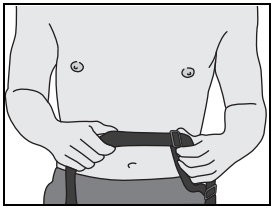

Figure 15: Adjust chest strap

3. Make sure that the chest strap is right side up, lies horizontally across your chest, and is centered in the middle of your chest. Refer to the following figure.

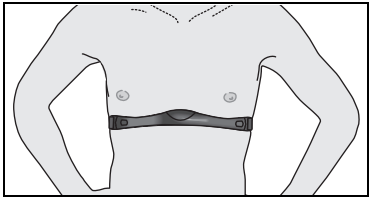

Figure 16: Fasten chest strap

4. After you put on the chest strap, face the display console for a few seconds. This allows the receiver in the console to recognize the signal from the chest strap.

If you use the touch-sensitive grips, be sure to grasp them securely (but not tightly—use a loose, cupping hold) on both sides. You may need to wait for 15 to 20 seconds before your heart rate is displayed.

Important: *The touch-sensitive grips work well for most people. However, because of their body chemistry or erratic heartbeats, a few people cannot use the grips. If this applies to you, a chest strap may provide better results. However, do not grasp the touch-sensitive grips while wearing a chest strap—using both at the same time can cause erratic heart rate readings.*

Troubleshooting Heart Rate Readings

If your heart rate readings look wrong, or if you do not see any readings at all, check the following list for possible causes. If the solutions in this list do not solve the problem, contact your dealer or Precor Customer Support.

No Heartbeat Icon or Heart Rate Display

The heart rate sensors may not be in secure contact with your skin. Try the following solutions.

For touch-sensitive grips:

- Make sure that your hands grasp the touch-sensitive grips continuously and firmly (but not tightly) for at least five to ten seconds.
- Check that the palms of your hands are not covered with any sort of salve, rub, or lotion. If they are, wash them.
- Check that your hands are not too dry. If they are, moisten them slightly.

For a chest strap:

- Make sure the strap is fastened, positioned, and moistened correctly.
- Make sure the strap is compatible with the equipment. It must be a 5 kHz strap. Heart rate straps that function at other frequencies, and Bluetooth-based straps, are not compatible with this equipment.

The Displayed Heart Rate Is Wrong Or SmartRate Doesn't Work

The touch-sensitive grips may not be making secure contact. Try the following solutions:

- Make sure that your hands are clean, slightly moist, and positioned as described earlier in this table.
- Try using a chest strap instead of the grips.

If you are trying to use the grips and an active chest strap at the same time, choose one or the other. Either do not grasp the touch-sensitive grips, or remove or turn off the chest strap.

Choosing and Completing a Workout

The instructions shown earlier in this manual provide the simplest possible steps for getting started with your new fitness equipment. But in most cases, you'll want to start with one of the preprogrammed workouts available on the equipment.

Choosing a Workout

Your fitness equipment has been programmed with a library of workout plans to help you meet your fitness goals.

To choose a workout:

1. Press the **WORKOUTS** key repeatedly to scroll through the available workouts.
2. When you reach the workout you want, press the **ENTER** key to select it, then press **GO** to begin.

   Tip: The **WORKOUTS** key remains active while you work out, in case you want to switch workouts in the middle of your exercise session.

To adjust the duration of your workout and your personal information:

1. At any time during your workout, press **ENTER**.
2. Use the left and right arrow keys to adjust the duration of the workout, then press **ENTER** to continue.
3. Adjust the weight shown so that it matches your weight, then press **ENTER** again.
4. Adjust the age shown so that it matches your age, then press **ENTER** one last time.

Available Workouts

Your fitness equipment includes a wide selection of workouts that are carefully designed to make sure you get the best results out of every workout.

The human body is extremely efficient. If it makes the same motion regularly over many days or weeks, it learns to make that motion with less and less effort. This process, called *muscle adaptation*, has one drawback—the longer you stick to the same workout, the less good that workout does you.

To prevent muscle adaptation from setting in as you work out, try different kinds of workouts on different days. By keeping your muscles guessing, you'll keep your energy use up, promoting faster weight loss and better conditioning.

In the following figures, the elevated areas show the training profile for each preset workout.

Interval 1-1 and Interval 1-2

Interval workouts help exercisers improve strength, endurance, aerobic and anaerobic fitness. They alternate short bursts of high intensity activity with recovery periods.

These workouts are designed to raise and lower your heart rate in a repeating fashion for a user-defined period of time by alternating rest and work intervals of two minutes each (for the Interval 1-1 workout) and two minutes of rest followed by four minutes of work (for the Interval 1-2 workout).

Training tip: You can further tailor your rest and work period intensity by adjusting the resistance, CrossRamp setting, or both at any time. The equipment remembers these preferences for each upcoming interval.

Figure 17: Interval 1-1

Figure 18: 1-2 Interval

Weight Loss

The American College of Sports Medicine recommends that adults get at least 30-60 minutes of moderately intense exercise five days a week. The Weight Loss workout provides a structured and time-based aerobic challenge designed to help you reverse or prevent weight gain.

The total time for this workout is fixed at 28 minutes. It consists of alternating four-minute work and rest intervals. During the work intervals, you can change the resistance at any time.

Training tip: For best results, wear a heart rate monitor and maintain a target heart rate that is between 50% and 70% of your maximum heart rate.

Figure 19: Weight Loss

Basic Heart Rate Control

This workout monitors your heart rate to guide you through a moderate intensity program that is optimal for aerobic conditioning.

During the workout, your target heart rate is based on the following calculation:

Target heart rate = 70% × (207 – (0.67 × your age))

The equipment adjusts resistance, CrossRamp level, or both to maintain your target heart rate while you work out.

When a heart rate signal is not received, a heart shape with a question mark appears in the upper text display. Recheck your hand grip on the handheld sensors or the placement of your chest strap.

Training tip: This program offers a coaching benefit for new and returning users who are learning how to maintain a moderate, steady exertion level throughout their workouts.

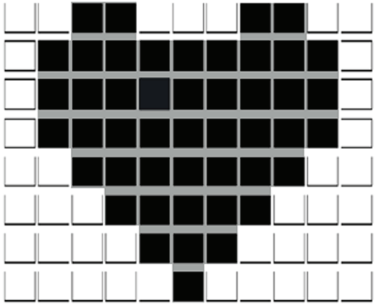

Figure 20: Basic HRC

Note: For the unit to detect your heart rate, you must grip the handheld heart rate sensors or wear a chest strap while exercising. In the presence of both handheld and wireless data, the handheld data takes precedence and is displayed.

Hill Climb

This workout engages a wider range of muscle groups by adjusting the resistance and CrossRamp settings to simulate a hill climbing experience.

For improved conditioning of your thigh and calf muscles, the workout requires you to reverse direction after 25%, 50%, and 75% of the total time. At these points, you will see text messages on the console that prompt you to change direction. Increasing or decreasing one workout segment increases or decreases all remaining segments by the same amount.

Note: If the equipment has a manually operated ramp, we recommend adjusting it to the highest possible setting before you begin.

Training tip: Incorporating hill climb workouts into your regular cardio schedule will keep your workouts varied and help build lower body muscle strength.

Figure 21: Hill Climb

Cross Country

This workout delivers true training variety and muscular engagement by continuously adjusting the incline to simulate the dynamic terrain of an outdoor run. Any increase or decrease made in one workout segment will increase or decrease all remaining "hills" and "valleys" depicted on the display by the same amount.

For improved conditioning of your thigh and calf muscles, the workout requires you to reverse direction after 25%, 50%, and 75% of the total time. At these points, you will see text messages on the console that prompt you to change direction.

Training tip: Advanced users can take their hands off the handlebars to make better use of their core stabilizer muscles throughout the workout.

Figure 22: Cross Country

Aerobic

This workout is designed to condition your heart. After an accelerating warmup stage, the equipment reminds you to maintain a constant pace while it increases the CrossRamp setting steadily. At the end of each cycle, the CrossRamp setting returns to its lowest value and starts to increase again.

You can modify the CrossRamp setting for each two-minute segment, and you can change the resistance at any time.

Note: You cannot switch to or from the Aerobic workout during your exercise session.

Gluteal

Strong glutes contribute to better posture, improved spine and hip stabilization, and reduction in lower body injuries at the hips, knees and ankles. This workout targets your thighs and glutes as it gradually increases in intensity. For maximum effect, the workout requires you to reverse direction after 25%, 50%, and 75% of the total time. At these points, you will see text messages on the console that prompt you to change direction.

You can modify either the CrossRamp level or the resistance level at any time during this workout. If the equipment has a manually operated ramp, we recommend adjusting it to the highest possible setting before you begin.

Training tip: To increase your core activation throughout this workout, take your hands off the machine handles while maintaining an upright posture.

Crosstrainer

This workout targets your thigh and calf muscles as it moves you through a gradual climb and decline. It requires you to reverse direction after 25%, 50%, and 75% of the total time. At these points, you will see text messages on the console that prompt you to change direction.

You can modify either the CrossRamp level or the resistance level at any time during this workout. If the equipment has a manually operated ramp, we recommend adjusting it to the highest possible setting before you begin.

Training tip: To increase your core activation throughout this workout, take your hands off the machine handles while maintaining an upright posture.

Manual

This workout motivates you by allowing you to define and track your exertion levels throughout your exercise session.

Training tip: As you progress through your workout, each segment of the profile reflects the last change you made to the CrossRamp and resistance settings. Challenge yourself by adjusting your training parameters regularly for the best results.

Figure 23: Manual

Ending a Session

Cooling down is an important aspect of your workout because it helps reduce muscle stiffness and soreness by transporting excess lactic acid out of the working muscles. In addition, a five-minute cooldown allows your heart rate to return to its normal, resting state.

At the end of your workout, the Summary screen displays the following information:

- Total elapsed time
- Total number of calories used
- Total distance completed
- Average number of strides per minute

Reading Diagnostic Information

Your fitness equipment keeps track of its own history. The details it stores about itself can be useful if you ever need to contact Precor Customer Support.

To show the diagnostic information:

1. Press the following keys *in order*:
   - **RESET**
   - Left Arrow
   - **ENTER**
2. Use the left and right arrow keys to display the headings for different types of information.
3. Press **GO** to see the details under each heading.
4. If the information is a log, use the left and right arrow keys to scroll between the log entries.
5. To return to the headings, press **WORKOUTS**.
6. Repeat the previous step for any other information you want to examine.
7. To return to the Welcome screen, press **RESET**.

Table 5. Types of diagnostic information

Heading	Contents
ODOMETER	Total distance (kilometers or miles) that people have exercised on this equipment
HOUR METER	Total amount of time the equipment has been in use
U-BOOT SOFTWARE	Version number of the boot loader software in the console (the program that prepares the console and loads the rest of the software)
U-BASE SOFTWARE	Version number of the application software in the console
LOWER SOFTWARE	Version number of the operating software in the lower mechanism

Heading	Contents
USAGE LOG	List of the workouts that have been used, the number of times each one has been used, and the total amount of time each one has been in use
ERROR LOG	List of the last 30 error messages that the equipment has reported (or fewer, if the equipment hasn't reported 30 error messages).

Maintenance

It is important to perform the minor maintenance tasks described in this section. Failure to maintain the equipment as described here could void the Precor Limited Warranty.

DANGER **To reduce the risk of electrical shock, always unplug the equipment from its power source before cleaning it or performing any maintenance tasks.**

Inspection

Inspect the EFX before use.

Look and listen for loose fasteners, unusual noises, worn or frayed power cords, and any other indications that the equipment may be in need of service. If you notice any of these, obtain service.

Important: *If you determine that the EFX needs service, make sure that the EFX cannot be used inadvertently. Turn the unit Off, insert the locking pin and then unplug the power cord from its power source. Make sure other users know that the EFX needs service.*

To order parts or to contact a Precor authorized service provider in your area, refer to *Obtaining Service*.

Cleaning the Equipment

Most of the working mechanisms are protected inside the covers. However, for efficient operation, the EFX relies on low friction. To keep the friction low, the unit's rollers, ramp, foot pedals, handlebars, and covers must be as clean as possible.

Precor recommends the EFX be cleaned before and after each workout to remove dust, dirt, water, and sweat. Use mild soap and water to dampen a soft cloth and wipe all exposed surfaces.

CAUTION: Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and void the Precor Limited Warranty. Never pour water or spray liquids on any part of the EFX, and remove any accumulated sweat from the EFX after use. Allow the EFX to dry completely before using it again.

Frequently vacuum the floor around the unit to prevent the accumulation of dust and dirt, which can affect the smooth operation of the unit. Use a soft nylon scrub brush to clean the foot pedals.

Storing the Chest Strap

Store your chest strap in a place where it remains free of dust, dirt, and moisture, such as in a closet or drawer. Be sure to protect the chest strap from extremes in temperature. Do not store it in a place that may be exposed to temperatures below 32° F (0° C).

To clean the chest strap, use a sponge or soft cloth dampened in mild soap and water. Dry the surface thoroughly with a clean towel.

Long-Term Storage

When the equipment is not in use for any length of time, turn it off. Make sure that the power cord is unplugged from its power source and is positioned so that it will not become damaged or interfere with people, furniture, or other equipment.

Notes:

Notes:

EFX 425 / EFX 423 / EFX 225 / EFX 222 / EFX 221 Elliptical Fitness Crosstrainers™

Product Specifications

	EFX 425	EFX 423	EFX 225	EFX 222	EFX 221
Length:	84 in (213 cm)	84 in (213 cm)	76 in (193 cm)	75 in (191 cm)	75 in (191 cm)
Width:	31 in (79 cm)	31 in (79 cm)	29 in (74 cm)	29 in (74 cm)	29 in (74 cm)
Height:	67 in (171 cm)	67 in (171 cm)	65 in (165 cm)	65 in (165 cm)	65 in (165 cm)
Weight:	240 lb (109 kg)	210 lb (95 kg)	214 lb (80 kg)	193 lb (72 kg)	193 lb (72 kg)
Power Requirements:	120 VAC, 60 Hz	120 VAC, 60 Hz	120 VAC, 60 Hz	120 VAC, 60 Hz	120 VAC, 60 Hz
CrossRamp Range:	15°–40°	15°–40°	15°–25°	15°–25°	15°–25°
Incline Settings:	1-20	1-20	1-8	1-3 (manually set)	1-3 (manually set)
Resistance Levels:	1–20	1–20	1–16	1–16	1–16
Frame:	Powder-coated steel				
Regulatory Approvals:	FCC, ETL				

Electronic Readouts

Calories	Workout Percentage Complete
Calories per Minute	Distance
CrossRamp	Strides per Minute
Resistance	Average Strides per Minute
Heart Rate*	Time Elapsed
SmartRate Zone*	Time Remaining
Target Heart Rate*	Units
Workout Profile	Current User

* Use of touch-sensitive heart rate grips or chest strap is required.

Product Features

CrossRamp®
Variable Stride Geometry™
LCD Display
QuickStart™
SmartRate®
Heart Rate Telemetry (chest strap)
Heart Rate Touch Sensors
User Profiles (2)
Audio Volume Control

Workouts

Interval:	Hill Climb
1-1	Cross Country
1-2	Gluteal
Weight Loss	Crosstrainer
Basic Heart Rate Control	Manual
Aerobic	

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www.precor.com

NOTICE:
Precor is widely recognized for its innovative, award winning designs of exercise equipment. Precor aggressively seeks U.S. and foreign patents for both the mechanical construction and the visual aspects of its product design. Any party contemplating the use of Precor product designs is hereby forewarned that Precor considers the unauthorized appropriation of its proprietary rights to be a very serious matter. Precor will vigorously pursue all unauthorized appropriation of its proprietary rights.

EFX 425 / 423 / 225 / 222 / 221 Owner's Manual
303121-112 rev C, en
September 2014

Assembly Guide

ENERGY SERIES ELLIPTICALS
MODELS: 245, 225, 222, 221

WELCOME TO A PERSONALIZED FITNESS EXPERIENCE FOR YOUR HOME

Table of Contents

Getting Started 2
Obtaining Service 2
Installation Requirements 2
Unpacking the Equipment 2
Required Tools 2
Hardware Kit (not to scale) 3

Assembling the Equipment 4
Beginning Assembly 4
Attaching the Console Bracket 6
Attaching the Movable Arms (EFX 245, 225, and 222 Models Only) 8
Attaching the Console 9
Attaching the Bottle Holder 10

Completing the Assembly 11
Connecting the Power Cord 11
Leveling the EFX 11
Adjusting the Ramp (EFX Models 222 and 221 Only) 12

Getting Started

Thank you for choosing Precor. For proper installation, please read this guide thoroughly and follow the assembly instructions. If you do not assemble the EFX according to these guidelines, you can void the Precor Limited Warranty.

Obtaining Service

Do not service the EFX except for maintenance tasks as described in the owner's manual. For more information regarding customer support numbers or a list of Precor authorized service dealers, visit the Precor web site at www.precor.com.

Installation Requirements

CAUTION: You will need assistance to assemble this unit. DO NOT attempt assembly by yourself.

Follow these installation requirements when assembling the unit:

- Assemble the EFX near the location where you plan to use it and provide ample space around the unit.

  Important: *Consult your owner's manual for proper placement of your equipment.*
- Assemble the EFX on a solid, flat surface. A smooth, flat surface under the EFX helps keep it level, and a level EFX has fewer malfunctions.
- Open the box and assemble the components in the sequence presented in this guide. If you plan to move the unit, obtain help and use proper lifting techniques.
- Do not grasp any plastic part while lifting or moving the unit. The plastic parts are not reinforced and they may break.
- Obtain assistance. Ask another capable adult for assistance during the assembly process.
- Use your fingers or the appropriate tools to insert fasteners. Proper alignment helps alleviate crossthreading. Do not fully wrench tighten fasteners until instructed to do so.

Unpacking the Equipment

The EFX is carefully tested and inspected before shipment. The unit is shipped in two boxes. Ask for help from one or more people to unpack and assemble the treadmill. If any items are missing, contact your dealer.

WARNING **Do not attempt to move the equipment by yourself. Have at least one other person help you and use proper lifting techniques.**

To unpack the equipment:

1. Carefully cut and remove all plastic straps that secure the cover on the cardboard box.
2. Lift the cover upward and set it aside.
3. Pull the cardboard or foam spacers away from the equipment and set them aside.
4. Cut all plastic ties securing the equipment in place.
5. Remove and set aside the enclosed box and loose accessories.
6. Remove the base frame assembly from the container and set it on the floor where you plan to assemble and use the equipment.

Required Tools

- Wire cutter (to cut plastic ties used during shipping)
- Rubber mallet (EFX 245, 225, and 222 only)
- ½-inch or 13 mm socket wrench with extension
- Phillips-head screwdriver

Hardware Kit (not to scale)

The hardware kit shipped with this equipment contains the fasteners and other hardware components shown in the following table. Before you begin assembly, make sure that your hardware kit is complete. If not, please contact Precor Customer Support.

Table 1. Hardware Kit Contents

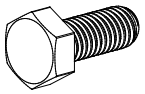
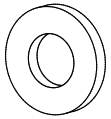
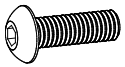
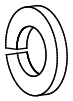
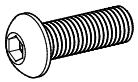
Fasteners		Quantity
	Hex head screw (M8 x 20 mm)	8
	Flat washer (M8)	8
	Buttonhead screw (M8 x 12 mm)	6
	Lock washer (M8)	6
	Buttonhead screw (¼-inch x ¾-inch)	4
	5/32-inch hex key	1
	5 mm hex key	1
	Double-ended wrench	1

Table 2. Additional Fasteners for all Models *Except* the EFX 221

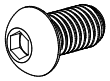
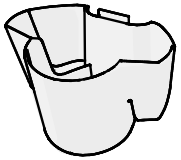
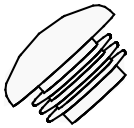
Fasteners		Quantity
	Buttonhead screw (M10 x 20 mm)	2
	Flat washer (M10)	2
	Buttonhead screw (M8 x 50 mm)	2
	Flat washer (M8)	4
	Locknut (M8)	2
	6 mm hex key	1

Table 3. Additional Parts

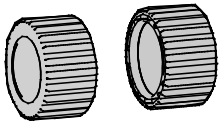
Bottle holder



Two handlebar caps (for all models except the EFX 221)



Two wheel covers



Assembling the Equipment

Proper alignment and adjustment of the equipment is critical. When you install fasteners, leave room for adjustments. *Do not fully tighten the fasteners until you are instructed to do so.*

The following figure identifies the major components of the equipment referred to in this manual. Your equipment may look slightly different based on the model.

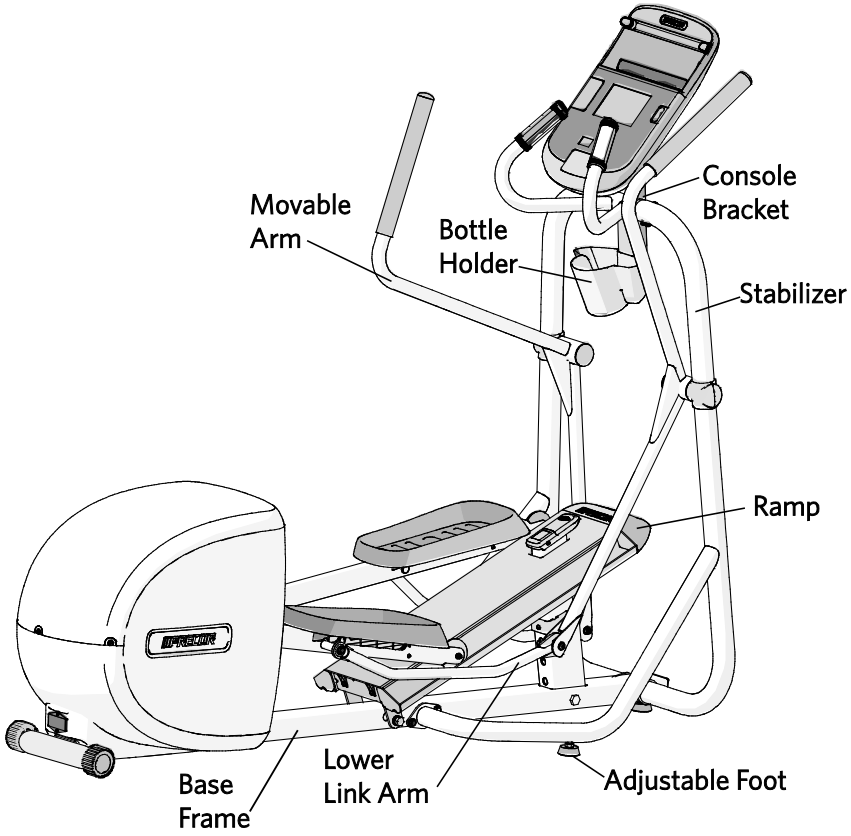


Figure 1: Major components of EFX

Beginning Assembly

Note: For easier access to the base frame, lift the front of the EFX off the floor and place a wedge of packaging cardboard beneath its base.

To connect the base cable:

1. Ask your assistant to hold the left stabilizer next to the base frame and attach it using four M8 x 20 mm hex head bolts and four M8 washers. Partially tighten the fasteners.

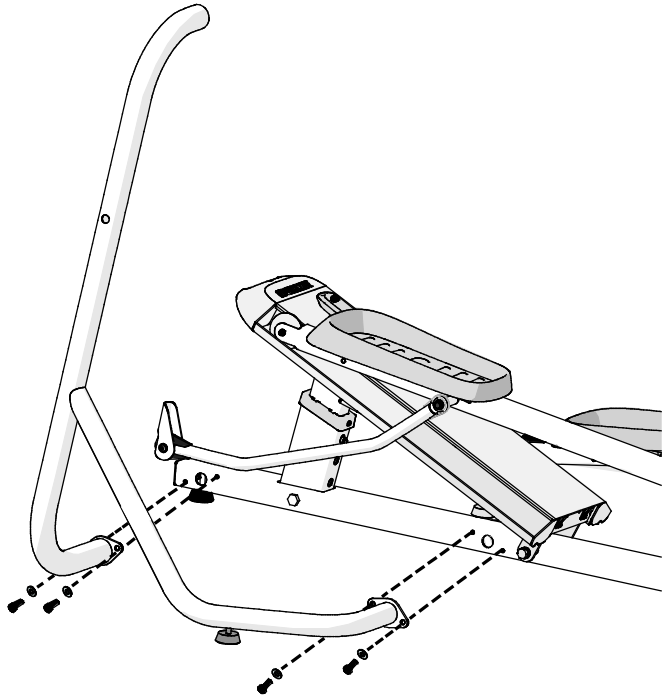


Figure 2: Left stabilizer attachment

2. Ask your assistant to hold the right stabilizer (with the cable protruding from both ends) next to the base frame.

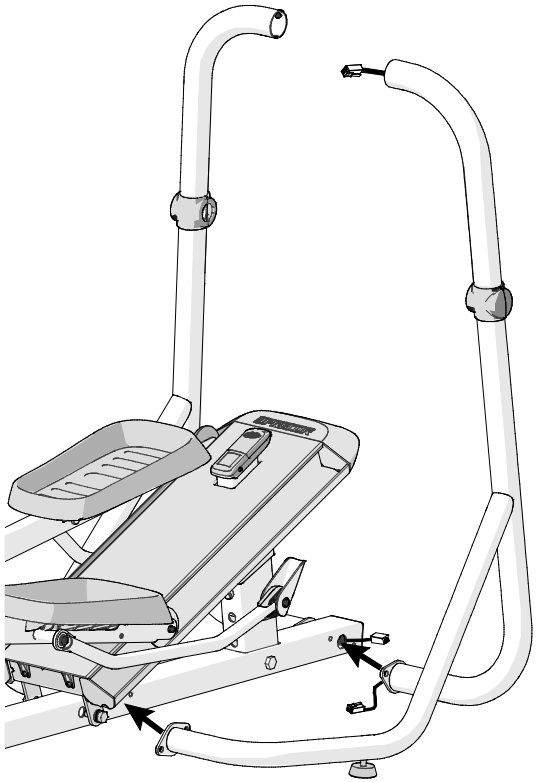


Figure 3: Right stabilizer position

3. Connect the base cable. You will hear a click when the cable is properly attached. Place excess cable inside the stabilizer frame.

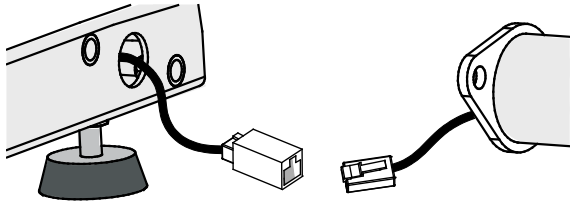


Figure 4: Base cable connection

4. Attach the right stabilizer to the base frame using four M8 x 20 mm hex head bolts and four M8 washers. Partially tighten the fasteners.

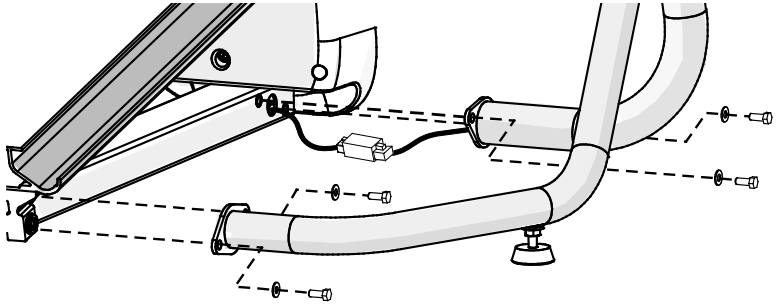


Figure 5: Stabilizer attachment

Attaching the Console Bracket

Important: *The console bracket joints are lubricated before shipping to make assembly easier. Be careful not to get this lubricant on your clothing as it may stain.*

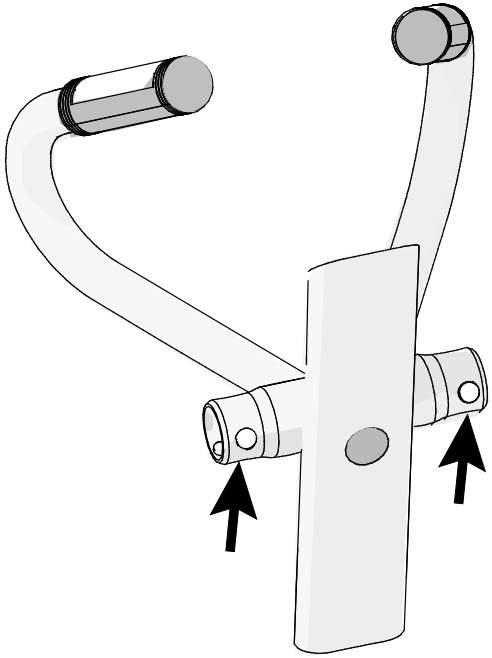


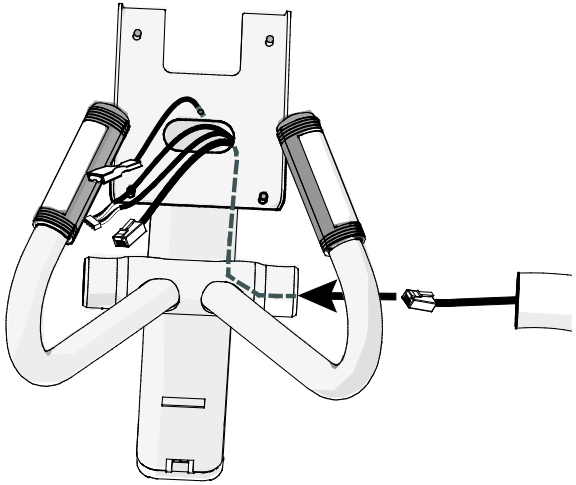
Figure 6: Grease location

Cut any wire ties that secure the cable to the stabilizer. Unwrap the cable and remove any kinks.

CAUTION: Make sure you do not pinch the cables while attaching the console bracket. Any damage caused during installation is not covered by the Precor Limited Warranty.

To attach the console bracket:

1. Feed the cable through the hole and then slide the console bracket onto the right stabilizer.



2. Remove the plug from the hole on the back of the console bracket.

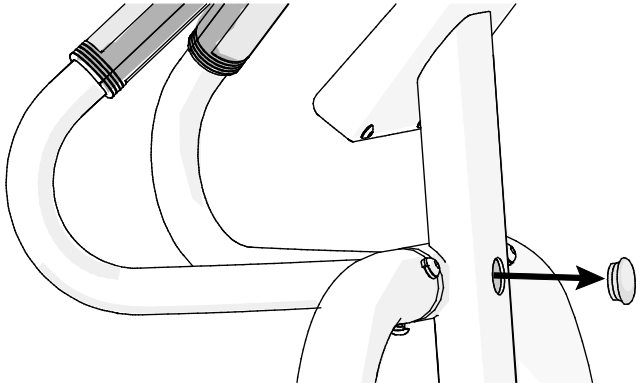


Figure 7: Remove plug

3. Tilt the console bracket forward and feed the cable up through the top of the console bracket.

   Note: Use the hole on the back of the console bracket to reach the cable and help guide it toward the top opening in the bracket.

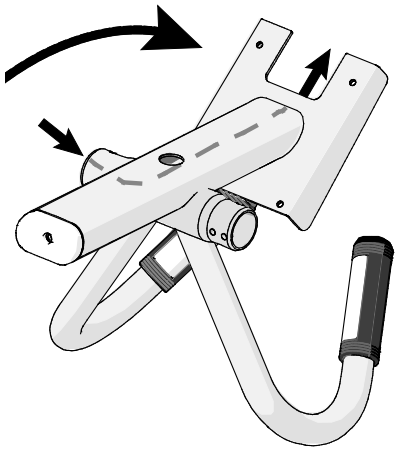


Figure 8: Tilt console bracket forward

4. Reposition the console bracket to its upright position and make sure all wires are pulled through the top of the bracket.
5. Insert the top M8 x 12 mm buttonhead screw and M8 lock washer and partially tighten the fastener. Then, insert the bottom two buttonhead screws and lock washers and partially tighten these fasteners.

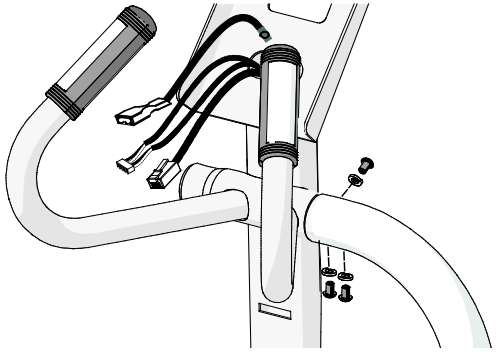


Figure 9: Right stabilizer attachment

6. Attach the opposite side of the console bracket to the left stabilizer using the three remaining M8 x 12 mm buttonhead screws and M8 lock washers. Fully tighten all six console bracket fasteners using the 5 mm hex key.

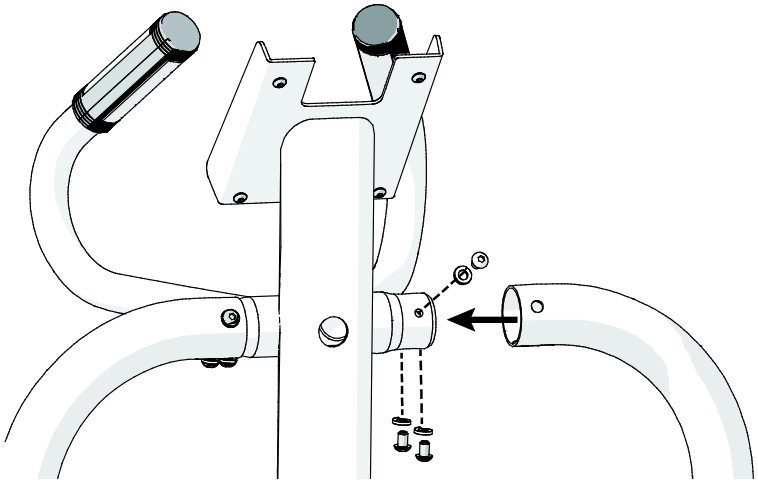


Figure 10: Left stabilizer attachment

7. Install the plug over the hole in the console bracket.

   Note: Use a rubber mallet to tap the plug gently into place.

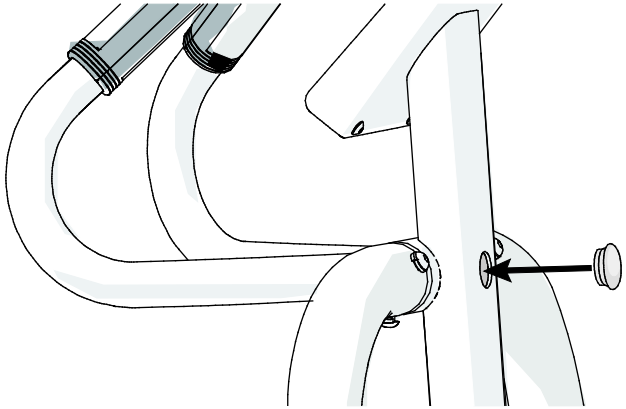


Figure 11: Replace the plug

Attaching the Movable Arms (EFX 245, 225, and 222 Models Only)

Important: *If your EFX is a 245, 225, or a 222 model, you will need to attach the movable arms. If your EFX is a 221 model, please skip the following procedure.*

The movable arms are positioned as shown in the following figure.

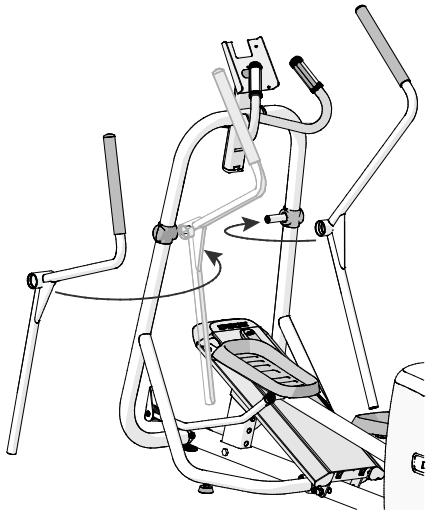


Figure 12: Movable arm positioning

To attach the right moving handlebar:

1. Slide the handlebar pivot joint onto the stabilizer axle (use a rubber mallet to tap it into place if needed). Secure the handlebar using one M10 x 20 mm buttonhead screw and one M10 washer. Fully tighten the fastener using the 6 mm hex key.

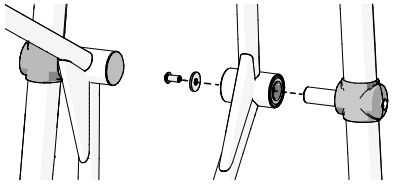


Figure 13: Handlebar fasteners and cap

2. Use the rubber mallet to tap the cap gently into place over the fasteners.

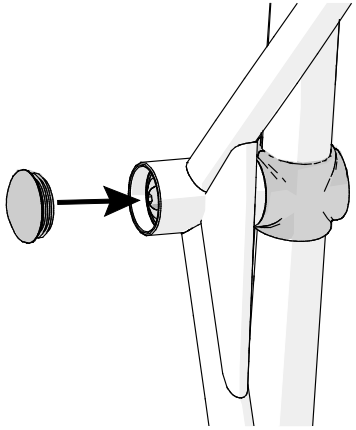


Figure 14: Attach moving arm cap

3. Attach the handlebar to the lower link arm using one M8 x 50 mm buttonhead screw, two M8 washers, and one M8 locknut. Fully tighten the fasteners using the 5 mm hex key and double-ended wrench.

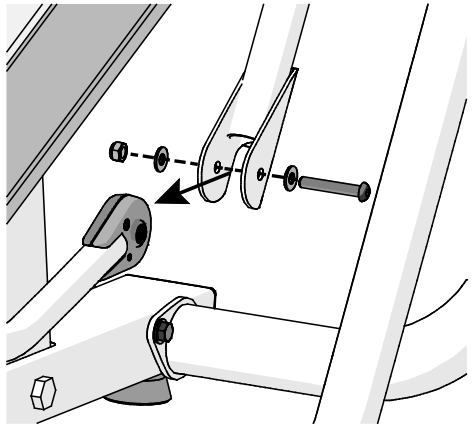


Figure 15: Lower link handlebar attachment

4. Repeat this procedure to attach the left handlebar.

Attaching the Console

Three cables attach to the console.

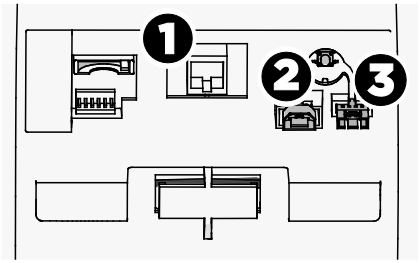


Figure 16: Cable attachments on back of console

Number	Cable or feature
1	Base unit data cable
2	Console ground cable
3	Touch heart rate cable

To attach the cables to the console:

1. Ask your assistant to hold the console over the console bracket while you carefully route the following console cables:
   a. Insert the base unit data cable (1).
   b. Insert the console ground cable (2).
   c. Insert the touch heart rate cable (3) with the tabs pointing down.

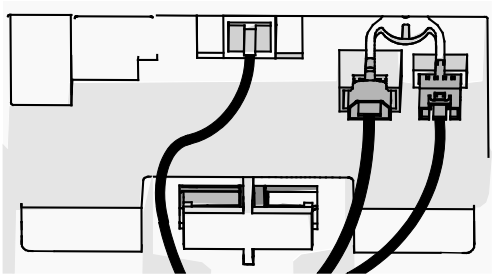


Figure 17: Cable attachment

2. Set the console onto the console bracket. It should sit flush on the bracket without gaps. If there is a gap, check to make sure that no wires are being pinched.

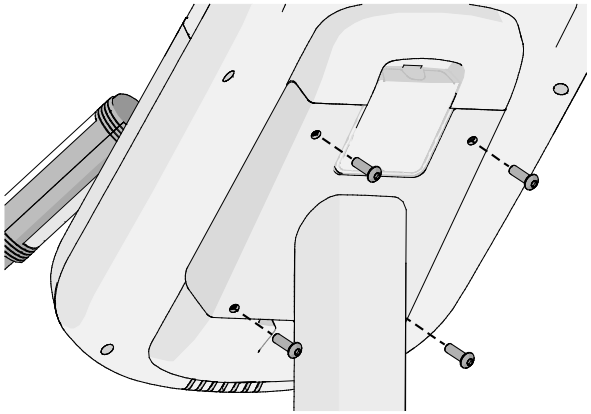


Figure 18: Securing the display console

3. Secure the display console using four ¼-inch x ¾-inch buttonhead screws. Fully tighten the fasteners using the 5⁄32-inch hex key.

Fully Tighten the Remaining Fasteners

Return to the fasteners on the equipment frame that have been partially tightened and fully tighten them.

To fully tighten the remaining fasteners:

1. Start at the base of the stabilizers and tighten all eight screws using a ½-inch socket with an extension.
2. If necessary, remove the wedge of packing material placed under the base frame.

Attaching the Bottle Holder

Locate the bottle holder.

To attach the bottle holder:

1. Remove the screw and console bracket end cap using a Phillips-head screwdriver.

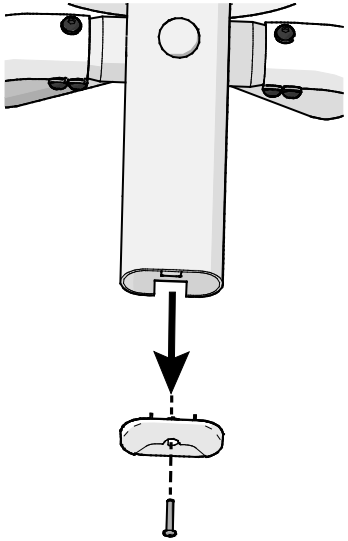


Figure 19: Remove end cap

2. Attach the bottle holder by inserting the tab into the slot in the console bracket. Rotate the bottle holder approximately 45 degrees until tab is fully inserted, and then pivot it downward.

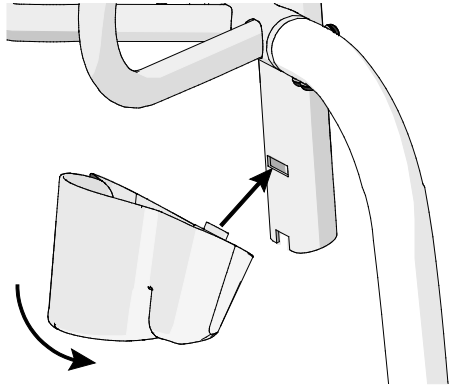


Figure 20: Water bottle positioning

3. Install the end cap into the bottom of the tube and secure it using one Phillips head screw.

   Note: You may need to hold down the bottle holder while installing the end cap as the end cap has slight interference and locks the bottle holder in place.

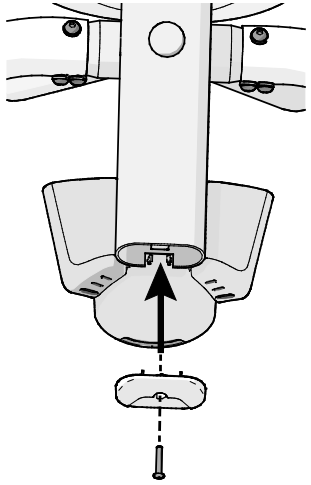


Figure 21: Replacing the end cap

Completing the Assembly

CAUTION: The location of the On/Off switch is beneath the cutout on the base frame. Make sure the power switch is in the Off position. Make sure the power cord is disconnected from its power source.

Connecting the Power Cord

CAUTION: Use the supplied power cord. Do not remove or otherwise bypass the 3-prong plug with an adapter in order to use a nongrounded outlet. Do not plug the EFX into a power transformer in an attempt to adjust the voltage requirements. Failure to follow these instructions might damage the unit and will void the Precor Limited Warranty. If an appropriate cord for your location was not included with your EFX, please contact your Precor dealer for the proper Precor power cord. For more information on authorized Precor dealers in your area, please contact Customer Support at www.Precor.com.

To connect the power cord:

1. Insert the power plug connector into its receptacle at the rear of the unit.

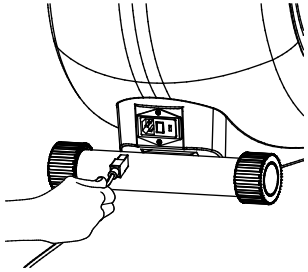


Figure 22: Plug location

2. Plug the other end into a grounded outlet so you can maintain a consistent power source without overloading any other circuitry. Be sure to use the appropriate voltage. Refer to Grounding Instructions in the Owner's Manual.
3. Use the power switch to turn the unit on. Check that the Precor banner appears on the display. If the display remains blank, recycle the power. If the display continues to remain blank, check the cable connections.

Leveling the EFX

Make sure the unit is level before allowing anyone to use it.

CAUTION: To eliminate movement, make sure the adjustable feet are in contact with the floor.

To level the unit:

1. Gently rock the unit. If there is any movement, ask your assistant to tip the unit to one side while you locate the adjustable feet.

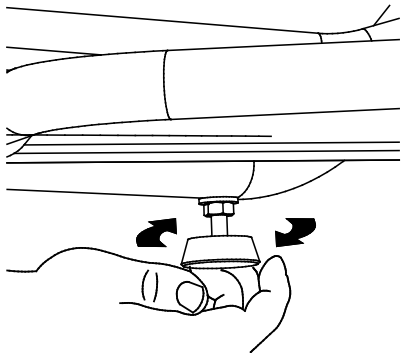


Figure 23: Leveling the EFX

2. Correct the height of each adjustable foot as follows.

If you want to ...	Then turn the adjustable feet ...
Raise the unit	Counterclockwise
Lower the unit	Clockwise

Important: *Place the unit on a flat surface. Rotating the adjustable feet cannot compensate for extremely uneven surfaces.*

3. When the EFX is level, tighten the lock nut.
4. When you are finished adjusting the EFX, place the unit on the floor and recheck that it sits evenly on the floor.

Adjusting the Ramp (EFX Models 222 and 221 Only)

The EFX ramp incline can be set to one of three positions: Low (15 degrees), Medium (20 degrees), or High (25 degrees). If you are on the equipment, dismount. To adjust the ramp, you can straddle the equipment with one foot on either side or stand to one side of it.

CAUTION: To adjust the ramp, you must be standing on the floor. You cannot be standing on the equipment or the foot pedals. Be aware of the position of the handrails and console when you are adjusting the ramp. Be careful not to bump your head on the console when you stand up.

To adjust the ramp:

1. Place one hand under the front of the ramp and one hand on the lever. Pull the front of the ramp up and toward you while pulling the lever back and up. This releases the ramp for adjustment.

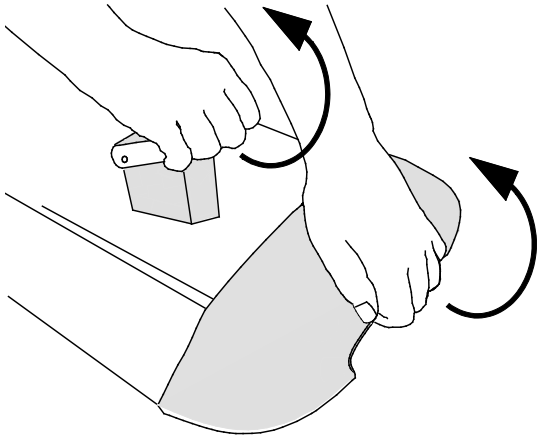


Figure 24: Ramp adjustment

2. Carefully adjust the ramp to the desired height.

   Important: *Before releasing your grip, test the ramp by gently pushing it down with your hands to make sure that it has securely clicked into one of the incline positions. The ramp should not move when tested.*

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Energy™ Series EFX 200 Elliptical Assembly Guide
303162-110 rev B, en
April 2014

PRECOR®

Residential Cardiovascular Equipment

Limited Warranty

For Elliptical Fitness Crosstrainers™:

- Precision Series (EFX® 447, 425, and 423)
- Energy Series (EFX® 245, 225, 222, and 221)

For Treadmills:

- Precision Series (TRM 445 and 425)
- Energy Series (TRM 243, 223, and 211)

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS CAREFULLY BEFORE USING YOUR PRECOR INCORPORATED PRODUCT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS.

Limited Warranty

Precor Incorporated warrants all new Precor products to be free from defects in materials and manufacture for the warranty periods set forth below. The warranty periods commence on the invoice date of original purchase. This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. To make a claim under this warranty, the buyer must notify Precor or his or her authorized Precor Distributor within 30 days after the date of discovery of any nonconformity and make the affected product available for inspection by Precor or its service representative. Precor's obligations under this warranty are limited and set forth below.

Warranty Periods and Coverage

Represented models of residential products used in the home are warranted for the following periods:

	Precision Series	**Energy Series**
Structural frame and welds:	Lifetime	Lifetime
Parts and wear items:	10 years	5 years
Console:	3 years	3 years
Labor:	1 year	1 year

The following section defines coverage for options and accessories.

Options / Accessories

Many options or accessories have components that are connected internally or mounted inside the electronic console. The following guidelines determine the warranty for these components. If the internal components are installed by the factory or by an authorized dealer or distributor as part of the original sale and delivery, they have a warranty that is identical to the warranty of the equipment in which they are connected or mounted. If the internal components are not installed by the factory or by an authorized dealer or distributor as part of the original sale and delivery, they have a 90-day parts and labor limited warranty. All components that are not internally connected have a 90-day parts only limited warranty. Satisfactory proof of purchase is required in all cases.

Conditions and Restrictions

This warranty is valid only in accordance with the conditions set forth below:

1. The warranty applies to the Precor product only if:
    a. It has been serviced by a Precor Authorized Service Provider and/or Precor Certified facility staff. Outside of North America, the product must have been serviced by the local Precor sales office or an Authorized Precor Distributor.
    b. It remains in the possession of the original purchaser and proof of purchase is demonstrated.
    c. It has not been subjected to accident, misuse, abuse, improper service, or non-Precor modifications.
    d. Claims are made within the warranty period.

2. This limited warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or Precor owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.
3. This limited warranty applies only to Precor products designed for residential use only and is void in the event such products are used in a nonresidential environment or installed in a country other than the country where such products were originally sold.
4. Moving parts bolted to the structural frame are not included in the "Structural Frame" warranty (for example, moving arms, seat and back pad assemblies, cross ramp assemblies, position adjustments, and so on).
5. Precor is not responsible for Internet connectivity to its products. This restriction applies to services, such as those provided by an Internet Service Provider (ISP), and also to hardware related to Internet connectivity, such as Ethernet cabling, routers, servers and switches.
6. Precor is not responsible for the quality of television, video, audio, or other media supplied to its products. This restriction applies to services, such as those provided by a cable or satellite television provider; to signal strength and clarity; and also to hardware related to the reception and delivery of television, video, audio, and other media. Such hardware may include (but is not limited to) audio, video, and radio-frequency (RF) cabling, connectors, receivers, modulators, combiners, distribution amplifiers, splitters, and so on.
7. Precor cannot guarantee that the heart rate measurement system on its products will work for all users. Touch heart rate performance may vary based on a user's physiology, fitness level, age, and other factors. You may experience an erratic readout if your hands are dry, dirty, or oily, or if the skin on your palms is especially thick. Wearing hand lotion can also cause an erratic readout. In addition, make sure that the sensors

are clean to ensure proper contact can be maintained. If the touch heart rate feature does not work for you, Precor recommends that you use a chest transmitter strap.

8. Precor does not warranty the work or product of third party companies (e.g., head end systems, low voltage wiring, etc.)
9. Except in Canada, Precor does not pay labor outside the United States.
10. Warranties outside the United States and Canada may vary.

Please contact your Precor sales office or local Distributor for details.

This limited warranty shall not apply to:

1. Software version upgrades.
2. Software defects that do not materially and negatively affect the exercise functionality of the product under normal use conditions at the time of installation.
3. Cosmetic items, including, but not limited to the following: grips, seats, and labels, or other items, the exterior of which has been damaged or defaced as a result of abuse, misuse, accident, improper service or installation, mishandling, or modification in design or construction not authorized by Precor including, without limitation, use or incorporation of any non-OEM (Original Equipment Manufacturer) replacement parts.
4. Cosmetic, structural, or functional damage (including rust, corrosion and unusual wear) caused by failure to follow the maintenance procedures described in the owner's manual.
5. Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.

6. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
7. Pickup, delivery, or freight charges involved with repairs.
8. Any labor costs incurred beyond the applicable labor warranty period.

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Exclusive Remedies

For any product described above that fails to conform to its warranty, Precor will provide, at their option, one of the following: (1) repair; (2) replacement; or (3) refund of the purchase price. Precor Limited Warranty service may be obtained by contacting the authorized Distributor from whom you purchased the item. Precor compensates Precor Authorized Servicers for warranty trips within their normal service area to repair equipment at the owner's location. You may be charged a trip charge outside the service area. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

Exclusion of Consequential and Incidental Damages

PRECOR AND/OR ITS SUPPLIERS SHALL HAVE NO OBLIGATION OR LIABILITY, WHETHER ARISING IN CONTRACT (INCLUDING WARRANTY), TORT (INCLUDING ACTIVE, PASSIVE, OR IMPUTED NEGLIGENCE AND STRICT LIABILITY), OR OTHERWISE, FOR DAMAGE TO THE EQUIPMENT, PROPERTY DAMAGE, LOSS OF USE, REVENUE OR PROFIT, COST OF CAPITAL, COST OF SUBSTITUTE EQUIPMENT, ADDITIONAL COSTS INCURRED BY BUYER (BY WAY OF CORRECTION OR OTHERWISE) OR ANY OTHER INCIDENTAL, SPECIAL, INDIRECT, OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM NONDELIVERY OR FROM THE USE, MISUSE OR INABILITY TO USE THE PRODUCT. This exclusion applies even if the above warranty fails of its essential purpose and regardless of whether such damages are sought for breach of warranty, breach of contract, negligence, or strict liability in tort or under any other legal theory. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation might not apply. This warranty gives you specific legal rights, and you may also have other rights, which vary state to state.

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